

## ***InVest: 36 – Stand Back, Wait, Be Lifted Up and Lift Others***

In my meditation on Pentecost, May 23, I felt strong communion with those in the higher planes. They proceeded to initiate me into a 4-step process for receiving and working with the descent of the Holy Spirit. Perhaps these steps will be helpful to you, too.

**Stand Back.** Pull back into your center, your core, the spinal column of light within you. Focus especially on the muscles that attach to the spine, which are the most powerful muscles in your body. Forego the temptation to do something, to act on your initial impulse, to involve yourself with those who have fallen by the wayside, or to impulsively go where angels fear to tread. Let the dead bury the dead. Let the dead parts of your past drop off into nothingness.

**Wait.** Having pulled back, you may be chomping at the bit to move, to put your power into action, to walk or talk or speak, and to get it done right now. Well, rather than act, wait and then wait some more. Patiently and persistently wait until you have no more desire to do anything of yourself, but rather wish to have Spirit do what It will through you. Hold to your core of power and affirm: There is only One Power and One Presence in me and in the cosmos, God-the-Good, the Omnipotent. And then add: Of myself, I can do little or nothing, but Father-Mother God can and will do all things through me.

**Be lifted up.** Remember always that it is Spirit that lifts you up. Of yourself, you cannot ascend into I Am or light-body consciousness or initiate the descent of the Holy Spirit. So, wait faithfully until God and the agents of God inaugurate your upliftment. It will happen when and in the way that it happens. Trust this. All your fussing, fuming, speculating and willfully trying to make it happen will do no good. Wait, watch, listen, learn, see, transmute and be lifted up. Go with the flow. Remember again that there is only One Power. Thank God!

Once Spirit does accelerate and lift you up, like an astronaut atop a rocket who upon ignition ascends into space, get comfortable with the upliftment. You have been prepared many times for this. And yet, when it happens, it is beyond anything that you have imagined. So, just be with it. Flow with it. Give thanks for it. Be centered in it. And then ask Spirit how you are to function in this new level of I Am consciousness. Go slowly, carefully, cautiously.

**Uplift others.** I, when I am lifted up, lift all others unto me. Before, you were tempted to try to uplift others according to your own mortal ways of thinking. Yes, you meant well, but still the crafty mortal self stepped in with some scheme. Now, Spirit actually has uplifted you, so you know without a doubt that it truly is Spirit working through you that uplifts others. Of yourself, you do nothing, but gloriously Spirit does all things through you.

Follow your I Am guidance and that of your guides and guardians. In the light body, work with a friend, foe or fellow light worker, whom you see before you. Reach out with your loving and powerful hands and lift this person into the light, knowing that it is Spirit doing the lifting through you. Work with any group or nation of people that Spirit brings to your attention. Again, reach out with your empowered hands and lift all of them into the light, by having Spirit do this through you. Focus on the Gulf of Mexico oil spill or another natural or manmade disaster. As you have been uplifted, uplift others, other kingdoms, all of God's good creation. So be it!